



GF&RD

VOLUNTEER

TIMES

CERT | Fire Corps | Community Assistance

Kim's Corner:

It's official .. summer is here! While the temperatures continue to rise it continues to be full speed ahead for the Volunteer Program! Many of our volunteers recently shared their time at the National Homeland Security Conference. The combined efforts of the GFRD volunteers and many other volunteers throughout Maricopa and Gila Counties resulted in an estimated value of over \$30,000 for their expertise and time. Way to go GFRD Volunteers! Thank you for representing the department at the conference. Truly your efforts and time had a positive impact on the conference.

Our Lockbox Program continues to be a valuable resource for community members. Thank you to all who have been referring the program to individuals. Since January 1st we have installed 57 boxes. We just received another donation from the TPR Foundation which provided us the opportunity to purchase 35 more boxes! If you or someone you may know lives in Gilbert and is interested in having a lockbox installed on your home, please contact our main line at 480-503-6300 to schedule the installation. This program is available to participants at no cost to them. We simply ask that you have your spare key ready when we visit.

Credential renewals are rapidly approaching. Please review the calendar page and select one date that works with your schedule so we may renew your credentials. We are honored to have you on our team and thank you in advance for making the commitment to volunteer for another year. I look forward to seeing each of you at the renewal session ... it will be fun! Visit with your peers, grab a bite to meet and receive your new ID badge.

Seize the day!

Kim



**WISHING THESE VOLUNTEERS A BELATED
AND HAPPY BIRTHDAY!!!!**

March Birthdays

Michael Bryant

Michael Cooke

Chris Lefler

Megan Madison

Johnna Switzer

Jeffrey Taylor

February Birthdays

Sonja Grosch

Deanna Miller

Judy Slack



April Birthdays

Tiffany Allen

Joe Briggs

Megen Cayton

Kathy Deaver

Matt Dirks

Bryan Eisen

Matt Dirks

Tena Hudson

Matt Jobin

Gayle Schmidt

Logan Star

Catalina Zamora



WISHING THESE VOLUNTEERS A BELATED
AND HAPPY BIRTHDAY!!!!

May Birthdays

Heather Balch
Lisa Becker
Nancy Briggs
Kristina Butler

Pauline Kupper
Rick Oller
Dawn Sauer
Karen Wolf

June Birthdays

Kayli Claflin
Joe Nuttall
Shawn Patterson

Christina Priest
Amy Thomas
Jennifer Younkin



newsletter editor's sincere apologies for the delay in acknowledgement of your special day!!!

The

Applause!

Please pass along again to Zach (Altman) and Jessica (Pio) how proud I am to be a part of an organization with volunteers so willing to give of their time and talents. The pictures of the commissioning of L259 are amazing and we would have missed being able to tell that story accurately in the future without their gift.

—Mark Justus, Deputy Chief



FELLOW FIRE STATIONS



One of the perks of volunteering is making new friends! Heather Balch, Dianna Erickson, Megan Madison and Megan Neibauer all met through their volunteer experience with COM251 and recently enjoyed a traveling adventure together.

Remember to send us your travel pictures visiting another fire department for the newsletter.

You've Been Spotted!

Nancy & Joe Briggs

Kristina Butler

Dianna Erickson

Marna Fontana

Suzanne Gonzales-Webb

Sonja Grosch

Megan Madison

Pastor Rick Oller

Annabelle Pattison

Claudia & Rick Reitz

Brandon Siebert

Mike Slesar

Johnna Switzer

Amy Thomas

Volunteers In Action

It's great to see families volunteering together.! Thank you Heather and Mark Balch for recently sharing your time sharing information about our Lock Box Program.



A WARM WELCOME TO OUR NEWEST GF&RD VOLUNTEERS

Joel Andersen

Julie Lucius

Mark Balch

Charlene McNeely

Melissa Edwards

Shawn McNeely

Michael Hanley

Richard Squicciarini

Christie Hetman

Jen Younkin

Learning Lab

I recently attended the Learning Lab on The Active Shooter and Stop the Bleed.

The class started with a presentation by Detective Dana from the Gilbert Police Department. He explained how to survive if you are ever involved in an active shooting event. A few of the topics discussed were:

You have the right to fight back using what devices you have available. If there are multiple people with you, you can physically attack the shooter.

Escape if possible. Look for the nearest exit and leave if safe to do so. Always be alert as to your surroundings and know where the exits are.

Block the door. If you are in a room and can hear the shooter in the area, locks the door then block it with desks chairs, etc. to deter him/her from entering. Chances are if they cannot easily enter, they will go to the next door

Engineer Chris Mills from Gilbert Fire and Rescue presented the second part of the session. The focus was on how to treat the major injuries that are caused by the weapons being used and the damage these weapons can cause.

The main focus was on “stopping the bleed”. Because of the severity of the injuries and how quickly a person can die from bleeding out, tourniquets are recommended to quickly treat patients. There are different types of tourniquets from the basic to commercial. If a tourniquet is not available, you can use a belt, gauze, or other items that may be available. The main focus is to “stop the bleed” until first responders arrive.

~Written by Dianna Erickson

Health and Safety

Hello Gilbert Fire and Rescue Volunteers! With the new year well on its way already, we all know that the heat isn't too far behind it. As more of our volunteer events occur, it's important that we remind ourselves of the ways we can stay healthy, safe, and promote those concepts among our fellow volunteers and the public.

Preparation: Ensuring a healthy and safe experience during a volunteer event begins long before the event even starts. Making sure that your body, mind, and equipment is ready starts in the day(s) before the event. Especially in the warmer months, making sure you hydrate and eat well will allow your body to be fueled and ready to work for the event. It's recommended that you drink at least 2 liters of water a day to keep your body hydrated for a warm climate. If you're expecting to be outside during your event, especially with expectations of physical exertion, that amount of water should be increased to 3 liters. You should remember to eat enough of a well-balanced diet in the days leading up to the event (and probably avoid the spicy food the night before). Try to sleep a full night before the day of your event and wake up with enough time to properly pack, dress, and eat before coming to the event. Ensure that you bring a well-packed bag to your event (if it will allow for it). Your bag should include extra water, healthy snacks, sunscreen, a hat, any required credentials, a change of uniform (if you have one), and any hygiene products or medications you may want or need.

During the event: In the midst of a volunteer event, it can get quite easy to become so focused on your task that you forget to properly care for yourself. Before you begin your duties, make sure you are properly prepared to work for the duration you've been assigned. Sunscreen should be applied 20 minutes before you expect to be in the sun and reapplied throughout the event. Staying hydrated and properly fed is easy to do by keeping a bottle of water with you, snacks in your pocket or bag, and a small break every hour or so, if not more often. Even better, working with a fellow volunteer to keep an eye on one another will help you both to stay accountable. And, of course, if at any point you, another volunteer, or a member of the public becomes ill from the environment, we have resources available to help. Alerting other volunteers, a team lead, or one of the firefighters will help get you the proper medical help needed.

Health and Safety Continued

As we move into the summer months, it's important to be on the lookout for the common signs of heat illnesses. If someone is overheated, you will immediately be able to see a red/flushed tint to their skin. They could be sweating profusely and have a confused look on their face. After identifying yourself and asking for permission to help them, you should try and usher them into a cooler area while alerting others for help. Those suffering from a heat illness may be dizzy and nauseous. Having a bag nearby will help alleviate any messes in that realm. If your patient is able to swallow, you should assist them with small sips of cool water and a sports drink if available. Ice packs can be applied behind the neck, under the armpits, under the knees, and in the groin if necessary. Continually monitor your patient for any changes in their mental status and comfort them while you wait for Emergency Medical Services to arrive.

Hope you all stay safe in the coming months, looking forward to working events with you all.

-Bryan Eisen

Health and Safety Pop Quiz

1. What basic piece of personal protective equipment should be worn during every time you interact with a medical patient?
 - A. Eye protection
 - B. Gloves
 - C. Tyvek Level 3 Protective Suit
 - D. Ear Plugs

2. While caring for a patient's bleeding arm, the blood soaks through the first set of bandages you've applied. What should you do next?
 - A. Apply a tourniquet.
 - B. Raise the arm above the heart.
 - C. Apply another layer of bandages and pressure to the wound.
 - D. Consider use of a hemostatic agent.

3. What are some signs of heat exhaustion?
 - A. Red, flushed skin
 - B. Profuse sweating
 - C. Confused mental state
 - D. Nausea and vomiting
 - E. All of the above

4. What is the first step you should take in treating a thermal burn, after ensuring scene safety and putting protective equipment on?
 - A. Wrap the patient in an emergency blanket.
 - B. Apply ice packs around the body.
 - C. Apply burn ointment.
 - D. Use copious amounts of water to flush and cool the burned area.

5. What can be used to stabilize a fracture?
 - A. A cardboard splint.
 - B. A moldable, aluminum (SAM) splint.
 - C. A tree branch and twine.
 - D. Both A and B.

What Is A Chaplain?

While attending a Gilbert Fire & Rescue Promotion Pinning Ceremony a few months ago a little girl read the title on my uniform shirt. I overheard her ask her parents, "What is a Chaplain?" Quite honestly, that same question may be in the minds of those much older, but not as boldly articulated as the curious child.

The word "Chaplain" comes from a Medieval Latin word, cappella meaning "cape." St. Martin of Tours in the 4th century shared his cape with a beggar one cold and wet night. The cape was preserved in a chapel that was initially guarded by a "chaplain." The Chaplain has always been one to share his "cape" in time of need.

The presence of chaplaincy is one of the oldest and longest standing traditions in the fire service to serve the pastoral, spiritual, and emotional needs of its members and the victims of many emergencies. However, the service of the Chaplain is not only when there is crisis or trauma, but also when there are Ceremonies: Station Dedications, and New Apparatus Commissioned into service, Graduation of Recruits, 9-11 Remembrance, etc.

Gilbert Fire and Rescue began its Chaplaincy program in 2004. Over the years, I have had the unique opportunity to share my "cape" with members of the department and community by offering hope, compassion, resources and a listening ear.

So, back to the question -What is a Chaplain? As fire fighters attempt to stop the physical loss to property and the loss of blood to patients, the Chaplain is a person who shares his "cape" to provide a spiritual covering for the department and attempts to help people bandage their emotional, spiritual and mental health wounds so they can be strong individuals.

-Written by Pastor Rick Oller

VIP

Christina Priest was born and raised in California. She and her husband, Ryan, moved to Gilbert 17 years ago. She loves being step-mom to a 28-year-old son. Christina is a volunteer with both CERT and Community Assistance. She has served as a fire volunteer for a little over two years.

Christina loves meeting new people while volunteering. She finds joy in helping other and being there when they need someone to lean on. When asked about her biggest accomplishment in life she says, "being a good person and living life to the fullest." She is passionate about enjoying the life she's created.

When not volunteering, Christina enjoys spending time with her husband, crafting, camping, watching funny movies and visiting with friends and family. She is very close to her family and makes many trips back to California for family gatherings.

Christina's volunteering philosophy is: Giving is a great feeling. It makes me a better person.



Ryan Priest is originally from California, but grew up in Tucson. He and his wife, Christina, have been together 22 years. They moved to Gilbert about 17 years ago. Ryan is a volunteer with CERT, the CERT Emergency Communications Team (HAM radio), and Community Assistance.

Ryan and Christina were originally volunteering on the Pinal County Sheriff's Office Search and Rescue Technical Ropes and Off-Road Teams. They took CERT training in 2015 and joined Community Assistance in 2016. They like being able to schedule their volunteer time with Community Assistance.

In his free time, Ryan enjoys spending time with Christina, doing blacksmithing and metal work, woodworking, kayaking, camping, RVing, off-road driving, shooting and fishing (pretty much anything except shopping). He is most proud of raising a son who has turned out to be a very "cool dude."

When it comes to volunteering, Ryan enjoys the sense of being part of something bigger than himself while directly helping others. His advice is to do what you enjoy, but don't be afraid to push yourself. Both you and the recipient of your service will be better for it.

Safety Town

What fun! I joined GFRD and Jean Sperke at Boulder Creek Elementary for a morning of education. The entire multi-purpose room was transformed into an education center with many stations. It was a very fun environment!

Little did I know when I got there that I would learn so much. First, I learned the lesson I was to share with the kids about poisons: in the home and out in nature. Most of this was already familiar to me but having to look at it from their perspective was eye-opening. Then, I learned some ideas about how to set expectations for the kids during the presentation. As a bonus, this experience caused me to think creatively to give examples, ask "raise-your-hand" questions, and keep the kids engaged.

The kids were well-behaved. They seemed to enjoy the lessons and were very responsive. If you are seeking a volunteer opportunity with GFRD, I highly recommend this one. It was not physically demanding at all and the mental "work" was fun and rewarding. Thanks, GFRD for providing yet another way to volunteer with people in the community and teach safety.

~Written by Judy Slack

Health and Safety Pop Quiz Answer Key:

1. B
2. C
3. E
4. D
5. D

Annual Meeting (1950's Style)



Annual Meeting (1950's Style)



MARK YOUR CALENDARS

July 4th	Office Closed		
July 19th	Credential Renewals	4-8pm	Amphitheater
July 24th	CPR/AED	6-9pm	Room 6
July 30th	Credential Renewals	8am-1pm	Amphitheater
August 7th	Fire Safety Class, Open to the Public	6-9pm	Amphitheater
August 13th	COM251 Quarterly Meeting	6-8pm	Room 6
August 14th	Emergency Preparedness Class, Open to the Public	6-9pm	Amphitheater
August 14th	CPR/AED	6-9pm	Room 6
TBD	First Aid		

